

# April

Regular physical activity is important for good health. It reduces the risk for many diseases, helps control weight, and strengthens muscles, bones, and joints.

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

*Adults need at least  
2½ hours of moderate  
physical activity  
each week.*



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

For more information on  
women's health, visit  
[www.cdc.gov/women](http://www.cdc.gov/women)

Celebrating  
**20** years

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HEALTH

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